

AMENDMENTS TO THE CLAIMS

Listing of Claims:

Claim 1 (**currently amended**): A method comprising administering of treating, reducing, or attenuating obesity in an individual comprising the administration of therapeutically effective amounts of calcium to an individual treating, reducing or attenuating obesity and thereby inducing a metabolic change in said individual, wherein said metabolic change is weight loss.

Claims 2 and 3 (canceled)

Claim 4 (**currently amended**): The method according to claim 1, wherein said individual is maintained on a restricted caloric diet.

Claim 5 (**currently amended**): The method according to claim 1, wherein said calcium is contained in dairy products, a dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium.

Claim 6 (**currently amended**): The method according to claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium.

Claims 7- 26 (canceled)

Claim 27 (previously presented): The method according to claim 5, wherein said calcium is contained in dairy products.

Claim 28 (previously presented): The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29 (previously presented): The method according to claim 5, wherein said

calcium is contained in foodstuffs supplemented with calcium.

Claim 30 (previously presented): The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31 (previously presented): The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32 (previously presented): The method according to claim 6, wherein said calcium is contained in beans.

Claim 33 (previously presented): The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34 (previously presented): The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35 (previously presented): The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36 (previously presented): The method according to claim 6, wherein said calcium is contained in kale.

Claim 37 (previously presented): The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 38 (previously presented): The method according to claim 6, wherein said calcium is contained in waffles.

Claim 39 (previously presented): The method according to claim 6, wherein said calcium is contained in pancakes.

Claim 40 (previously presented): The method according to claim 6, wherein said

calcium is contained in pizza.

Claim 41 (previously presented): The method according to claim 6, wherein said calcium is contained in milk.

Claim 42 (previously presented): The method according to claim 6, wherein said calcium is contained in yogurt.

Claim 43 (previously presented): The method according to claim 6, wherein said calcium is contained in cheeses.

Claim 44 (previously presented): The method according to claim 6, wherein said calcium is contained in cottage cheese.

Claim 45 (previously presented): The method according to claim 6, wherein said calcium is contained in ice cream.

Claim 46 (previously presented): The method according to claim 6, wherein said calcium is contained in frozen yogurt.

Claim 47 (previously presented): The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48 (previously presented): The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 49 (previously presented): The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Claim 50 (**new**): A method comprising administering a sufficient amount of calcium to an individual treating, reducing or attenuating obesity and thereby inducing weight loss.

Claim 51 (**new**): The method according to claim 50, further comprising preventing

weight gain and/or increasing the metabolic consumption of adipose tissue.

Claim 52 (**new**): The method according to claim 50, wherein calcium is administered daily in an amount of at least about 773 mg.

Claim 53 (**new**): The method according to claim 50, wherein calcium is administered daily in an amount of at least about 1,346 mg.

Claim 54 (**new**): The method according to claim 50, wherein the calcium is contained in dairy products.

Claim 55 (**new**): The method according to claim 54, wherein the dairy product is milk, yogurt, and/or cheese.

Claim 56 (**new**): The method according to claim 54, wherein the amount is at least about 57 servings of dairy per month.

Claim 57 (**new**): The method according to claim 54, wherein the amount is at least about 102 servings of dairy per month.

Claim 58 (**new**): The method according to claim 50, wherein the individual has Grade I obesity.

Claim 59 (**new**): The method according to claim 50, wherein the individual has Grade II obesity.

Claim 60 (**new**): The method according to claim 50, wherein the individual has Grade III obesity.